



# WORLD MENTAL HEALTH DAY 2011

## PRAYERS

*For me, prayer is a surge of the heart;  
it is a simple look turned toward heaven,  
it is a cry of recognition and of love,  
embracing both trial and joy.*

### **St Thérèse of Lisieux**

Extract from **Let Yourself Be Loved** – Elizabeth of the Trinity by Eugene McCaffrey OCD

Give peace to my soul;  
make it Your heaven,  
Your beloved dwelling, and Your resting place.  
May I never leave you there alone.

### **Based on the gospel of Matthew Ch 8 v 23-27 Matthew 8:23-27**

Jesus Calms the Storm – Peace be still

### **Here I am**

In the noise and busyness with  
an overwhelming need to achieve  
there is little time for rest;  
even less time for friends, real friends.  
Why am I so lost... so alone?  
Why Lord am I so troubled?  
Why this yearning and longing  
deep in my heart;  
into the mist of (this – my) despair came  
the soothing words of Christ “I am with you.”  
which filled my being with Peace.  
And now peace fills my heart and mind.  
The sense of knowing that I belong.  
that Jesus is really with me.

### **You alone are my hope**

In the quiet of the morning light  
I am woken by a gurgling sound...  
my husband...  
the one who has faithfully been by my side  
for thirty years and more  
he's choking!  
He can't move!  
I'm awake - I do all the right things,  
... calling 999,  
'my husband's ill'  
all the while I'm inwardly  
talking with the Lord as I look at my husband  
one side completely paralyzed,  
no sight, no speech, no movement.  
In the silence of my heart I speak with the Lord,  
how can I look after him, he's so ill?  
How will we manage?  
The Lord didn't speak there and then,  
He was busy caring for the man I love  
through the hands of the paramedics.  
Days of turmoil, then anointing of the sick...and change.  
The joy to hear him speak, pray and read.  
Still little memory...will he remember me?  
Will he still love me?  
Five years on the Lord has restored him to almost full  
health,  
beyond my expectations or imaginings.  
Blessed with a different life, with grandchildren, with more  
love.  
The Lord lifted me up when I was most afraid.  
**Heal me Lord and I shall be healed**  
**Save me Lord and I shall be saved.**  
**For you alone are my hope.** Jeremiah Ch 7.14

## BIDDING PRAYERS

**PRIEST:** In faith and trust we bring our prayers to the God and Father of us all, for he is full of tenderness and compassion.

**READER:** We pray for the Church and for her ministry of reconciliation and healing. May the Holy Spirit empower the Church and her divine vocation to be the hands, feet and mouth of Christ.

Lord in your mercy.

Let us pray for all priests and chaplains in their ministry amongst the sick in mind, body, and spirit. Through prayer, the celebration of the sacraments, and the gift of time, may they be vehicles of Christ's healing and power.

Lord in your mercy.

We pray for those who suffer from mental ill-health and distress. May they recognise the peace of Christ in their lives, who comes to meet them with light and salvation.

Lord in your mercy.

Let us pray for the gift of a compassionate and warm heart for all who work in our hospitals and community with the mentally ill. We pray that their work and vocation will be valued and honoured by all.

Lord in your mercy.

We pray for families and carers of those who suffer from mental ill-health. May they be strengthened and consoled in their lives and struggles.

Lord in your mercy.

Let us ask the prayers of Our Lady, the comforter of the afflicted, to pray for us as we say:

Hail Mary....

**PRIEST:** God our Father, your Son brought healing to the sick and liberation to captives. Hear our prayers for all whom we remember today, and grant us peace in this life, and eternal joy in the life to come.

We ask this through Christ our Lord. Amen

## MY PRECIOUS LORD

My precious Lord I'm in despair,  
As everything around me, looks dark and bleak.  
Both my mind and my body are feeling so weak.  
Dear Lord up above  
Please give me the strength and the will,  
Let me feel Your presence near me while I'm low and  
feeling ill.  
Dear Lord I'm lost,  
Show me the right road to go.  
You are my Shepherd,  
Guard me through the winds and the snow.  
Dear Lord take my hand,  
And guide me today,  
Show me the light, and show me the way.  
My Precious Lord,  
You are my Saviour and my Light,  
Give me strength, give me courage,  
Help me through this dark night.

Patricia Frewin